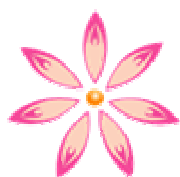




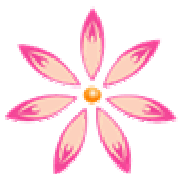
Celebrate National Women's Health Week
this year by ***celebrating*** your health!

National Women's Health Week: May 9-15, 2004.



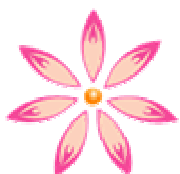
WHAT is National Women's Health Week?

A national effort to remind women like you to come in for regular check-ups to prevent disease before it starts.



HOW can I participate?

Call your regular healthcare provider today to schedule an appointment! Or, to locate a health care provider in your area of Alaska, contact **AK Info** at **1-800-478-2221**, 24 hours a day, or go to **www.ak.org**.



For more information about National Women's Health Week, contact the National Women's Health Information Center (NWHIC) at 1-(800)-994-WOMAN. You also can find more information about recommended preventive screenings and other health information at **www.4woman.gov/whw/2004/**

The NWHIC information line is staffed by English and **Spanish**-speaking information specialists from 9am to 6pm (EST), Monday through Friday, except on national holidays.